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## elete Athlete Profile: Devin Wayman, Competitive Rock Climber



**M**y name is Devin Wayman. I am 18 years old. I love to travel and experience new things in life. I'm a bit of an adrenaline junkie. Since the age of 8, I've been lucky enough to travel about every other year to somewhere in the world. I also really enjoy the water, scuba diving, and seeing some amazing islands and new places.

I came across rock climbing about a year ago. I gave it a try and I was hooked from day one. The first time I climbed at an indoor gym, my mom told me I was a

natural and to keep doing it. I got a membership to the local climbing gym and began going every day.

After climbing about a month, I had people asking me how many years I had been climbing and they were pretty shocked to learn I had only climbed a month or so. I was encouraged by the people I met at the gym (whom I am now great friends with) to enter competitions and to take it seriously. I entered my first competition about a month later as a beginner/amateur. I took first place by a ton of points and even had people question how long I had been climbing. From there it just kept growing. It has become a lifestyle for me, and I do it everyday. It's what I love and what I want to do as long as I can possibly do it. I am self-motivated and set goals for myself as to what I want to accomplish with my skills.

My long-term goals are to climb all over the world and enter as many competitions as possible. I want to be a helicopter pilot and plan to go to school to get my license. I would love to work in search and rescue. I think that I will really enjoy that line of work and will get the same rush doing that job similar to when I'm doing a hard route. I love life and have a lot of life ahead of me, and I am excited for the future.

### **How long have you been rock climbing?**

"I started about a year ago when I went into a recreational store to buy a new tent, I looked over and saw they were having a sale on climbing gear so that night I came home with a harness and shoes and was excited on the thought of becoming a rock climber. I went to an indoor rock climbing gym the next day and was hooked."

### **What are some of the recent awards you've received/current ranking?**

"Some awards I have received recently were from my last A.B.S. (American Bouldering Series) competition. I took first place for my age group, and a couple months earlier, I took fourth place in my category for adult nationals. This was only after climbing for a few months."

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**What are your plans and goals for 2010?**

"For next season of S.C.S. (Sport Climbing Series), I am going to try to get onto the USA climbing team to be able to go to the world competition. And to climb the most amazing lines that I can, and want to always keep what I'm doing fun."

**Describe your average day. What is your typical training regimen?**

"A normal day for me starts pretty early. I work early mornings at a climbing gym, so most of my work I'm actually climbing to fix, change, and set problems. Once I'm done with work I can start climbing. I train at least six days a week; one of those days is strictly campus and weight training. The rest are climbing days."

**In terms of nutrition, what are the indispensable items or strategies you've found are key in giving you the edge over the other athletes?**

"I have always been a healthy eater with a good variety of proteins and carbs. I do usually eat all natural foods the week before a comp so that I feel better and stronger, therefore giving me an edge on my competition. But I am still young and enjoy eating a lot of food.....haha."

**What is the biggest factor in terms of winning a match? Likewise, what are the biggest obstacles?**

"Obstacles for me in competition would be getting past the arm pump. elete definitely helps a lot with that though."

**Interesting or little-known fact others may not know about you?**

"I'm not sure. I tend to wear knickers pretty often, but I guess if you know me then you would know that. But also I love to travel, I want to travel and rock climb all over the world."

**What is your personal philosophy?**

"Whoever is having the most fun doing what they love to do best is my hero."

**How did you come across elete Electrolyte Add-In™?**

"I was on a backpacking trip and my step mom offered me some elete. I could tell that it helps a lot with muscle cramps while hiking, so I then decided to get some and try it out for climbing. It has worked great and really helped me with my performance."

**Describe some of the specific benefits you've noticed using elete.**

"It definitely reduces arm pump while climbing so you can hold on longer and get through the route. I've also noticed it helping with my leg muscle endurance. It also helps with training because it allows you train longer."

**For the average person who participates in mild to moderate fitness activity, what would you tell them about elete?**

"I'd let them know that if they were searching for a way to give them better endurance and reduce muscle fatigue for their workouts, that with elete they will be able to train harder and longer, and would be able to get stronger. elete is a must!!!" ■